

Magnolia United Lacrosse Association



COACHES' COMMITMENT TO EXCELLENCE

As a MAG-U Coach or Assistant Coach, I pledge to do my very best to:

1. Be a 'Double-Goal Coach' as defined by the Positive Coaching Alliance
2. Use sports as a vehicle to teach "life lessons" and positive character traits to youth players
3. Fill "Emotional Tanks" by:
 - a. Making the sport fun for the players
 - b. Using positive reinforcement
 - c. Encouraging players to do their best
 - d. Listening to players
4. Redefine "Winner" in terms of the "ELM Tree of Mastery" (Effort, Learning, improvement from Mistakes rather than fearing them) as well as the scoreboard by:
 - a. Ensuring the practices and games are predominantly a fun environment
 - b. Rewarding effort, not just results
 - c. Helping players learn and improve in the sport
 - d. Teaching players to rebound from mistakes rather than fear them
5. teach players to "Honor the Game" and be a role model by:
 - a. Obeying the rules at all times
 - b. Showing consistent high respect for officials
 - c. Being respectful to all players
 - d. Treating opponents with a high level of respect
6. Constantly seek improvement in my coaching skills including seeking honest feedback from my players and their parents.

Signed by: _____

Name: _____

Date: _____